



Sweet Tooth Treats

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



253 kcal

DESSERT

Ingredients

- 2 cups cheerios
- 0.3 cup coconut flakes flaked
- 0.3 cup coconut flakes flaked
- 0.5 cup powdered sugar
- 0.5 cup plus light
- 1 cup peanut butter
- 6 ounces semi chocolate chips
- 1 tablespoon shortening

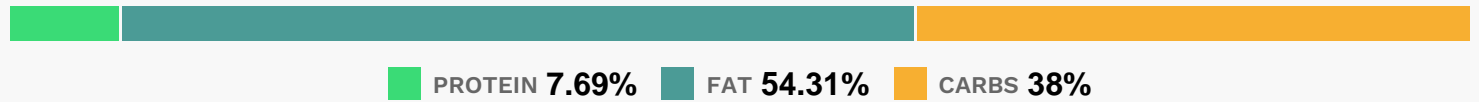
Equipment

- bowl
- baking sheet
- microwave

Directions

- In a large bowl, combine the peanut butter, corn syrup, sugar and coconut until blended. Stir in cereal. Shape into 1-1/2-in. balls.
- In a microwave, melt chocolate chips and shortening; stir until smooth. Dip balls halfway into chocolate; allow excess to drip off.
- Place on waxed paper-lined baking sheets; let stand until set.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:2.08, Inflammation Score:-4, Nutrition Score:7.2508695566136%

Nutrients (% of daily need)

Calories: 252.73kcal (12.64%), Fat: 16.02g (24.65%), Saturated Fat: 6.11g (38.22%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.74g (8.27%), Sugar: 18.94g (21.05%), Cholesterol: 0.68mg (0.23%), Sodium: 97.05mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 5.11g (10.21%), Manganese: 0.58mg (28.98%), Vitamin B3: 2.9mg (14.5%), Magnesium: 54.88mg (13.72%), Copper: 0.25mg (12.37%), Vitamin E: 1.71mg (11.4%), Iron: 1.92mg (10.67%), Phosphorus: 103.62mg (10.36%), Fiber: 2.48g (9.91%), Folate: 35.04µg (8.76%), Zinc: 1.22mg (8.13%), Vitamin B6: 0.14mg (6.94%), Potassium: 194.61mg (5.56%), Vitamin B1: 0.07mg (4.82%), Selenium: 2.98µg (4.26%), Vitamin B12: 0.21µg (3.5%), Calcium: 27.72mg (2.77%), Vitamin B5: 0.27mg (2.75%), Vitamin B2: 0.04mg (2.64%), Vitamin A: 98.04IU (1.96%), Vitamin K: 1.39µg (1.32%)